

If you think your baby has been shaken...

Call 911 or go to the closest hospital emergency room.

Signs and symptoms of Shaken Baby Syndrome include:

- Irregular, difficult or stopped breathing
- Extreme crankiness
- Seizures or vomiting
- Tremors or shakiness
- Limp arms and legs
- No reaction to sounds or acts lifeless
- Difficulty staying awake



If you think you might shake your baby and need help, please call the Help Line at 1-866-243-BABY

If you suspect a child has been shaken, you should call the Child Abuse/ Neglect Hotline at 1-800-652-1999

"It is permissible to disclose protected health information to a public authority or other appropriate government authority by law to receive reports of child abuse or neglect."

Federal HIPAA Privacy Law

ADA/EOE/AA



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08-07

Never, Never Shake a Baby



WHAT IS SHAKEN BABY SYNDROME?

1. Shaken Baby Syndrome involves the vigorous shaking of an infant or young child by the shoulder, arms or legs. A single shaking episode usually results in bleeding in and around the brain leading to death or permanent brain damage.

2. Infants and young children are more susceptible to Shaken Baby Syndrome because their heads are bigger than their bodies and their shoulders and neck muscles are weak and underdeveloped.

SHAKING A BABY OR YOUNG CHILD, EVEN FOR A SHORT TIME, CAN CAUSE INJURIES:

- Blindness
- Mental retardation
- Seizures
- Cerebral palsy
- Hearing loss
- Paralysis
- Broken bones
- Speech or learning disabilities
- And even death

CRYING IS A BABY'S WAY OF COMMUNICATING.

HINTS TO STOP A CRYING BABY:

- Stay calm
- See if the baby is too hot or too cold
- Check the baby's diaper
- Feed the baby
- Burp the baby
- Offer the baby a pacifier or toy
- Pick up the baby



Other Hints:

- Take the baby to a quiet room
- Hold the baby against your chest and walk or rock gently
- Take the baby for a ride in a car or stroller
- Put the baby in an infant swing
- If nothing works, call someone for help

IF YOUR BABY'S CRYING BOTHERS YOU:

Lay the baby down on his/her back in a crib. Go to another room. Then give yourself a short break.

- Take deep breaths and count to 10 slowly
- Call a friend or relative to talk
- Exercise nearby
- Listen to music
- Read a magazine or book
- Ask for help



Go back and check on the baby in 5 or 10 minutes. Remember sometimes babies cry no matter what you do.